



Slow Cooker Venison Stroganoff

READY IN



540 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 28 ounce beef broth low-sodium canned
- ☐ 1 tablespoon canola oil
- ☐ 8 ounce mushrooms drained sliced
- ☐ 1 small onion thinly sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1.5 pounds venison stew meat cut into 1 inch cubes
- ☐ 16 ounce noodles whole wheat

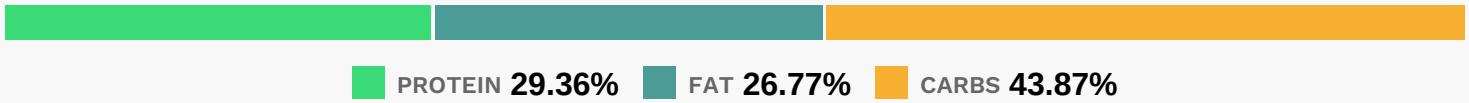
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat canola oil in a large skillet over medium-high heat.
- ☐ Add the venison cubes and fry on all sides until well browned, then place into a slow cooker.
- ☐ Add the bay leaf, onion, and mushroom to the slow cooker.
- ☐ Pour in the beef broth, and season to taste with salt and pepper.
- ☐ Set slow cooker on Low, and cook for 8 to 10 hours.
- ☐ Add the noodles, and water or additional beef broth if needed. Cover and cook for 30 minutes. Once the noodles are done, stir in the sour cream and serve.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:30.414782275324%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 538.61kcal (26.93%), Fat: 16.49g (25.37%), Saturated Fat: 6.14g (38.35%), Carbohydrates: 60.81g (20.27%), Net Carbohydrates: 60.23g (21.9%), Sugar: 2.53g (2.81%), Cholesterol: 92.61mg (30.87%), Sodium: 519.96mg (22.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.69g (81.37%), Selenium: 91.57µg (130.82%), Manganese: 2.36mg (118.21%), Vitamin B3: 12.95mg (64.77%), Phosphorus: 503.49mg (50.35%), Vitamin B6: 0.98mg (48.91%), Zinc: 6.85mg (45.68%), Vitamin B12: 2.19µg (36.54%), Magnesium: 143.7mg (35.92%), Vitamin B1: 0.52mg (34.53%), Vitamin B2: 0.51mg (29.9%), Iron: 5.33mg (29.61%), Copper: 0.59mg (29.31%), Potassium: 998.43mg (28.53%), Vitamin B5: 1.95mg (19.46%), Folate: 68.77µg (17.19%), Calcium: 94.04mg (9.4%), Vitamin E: 0.9mg (5.99%), Vitamin A: 236.75IU (4.74%), Vitamin K: 3.64µg (3.46%), Vitamin C: 2.01mg (2.43%), Fiber: 0.58g

(2.32%)